

LISTING OF THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Canceled).

2. (Currently Amended) The microwavable vacuum-packed frozen sushi product according to claim [[1]] 10, wherein the box is ~~formed as one of a box or a shallow cylinder-container, a tray or dish container having a rectangular (or square) or circular or oval shape in plan view.~~

3. (Currently Amended) The microwavable vacuum-packed frozen sushi product according to claim [[1]] 10, wherein the microwave-safe plastic packing bag is made of a laminated film composed of a nylon film and a polypropylene film having a thickness larger than that of the nylon film.

4. (Canceled).

5. (Withdrawn) A method for preparing a microwavable packed frozen sushi product, said method comprising:

disposing a sushi material or materials on a top of a shaped rice section or in the shaped rice section to prepare a sushi product;

placing the prepared sushi product in a plastic box;

placing said plastic box containing the sushi product in a flexible microwave-safe plastic packing bag;

vacuuming and hermetically sealing said packing bag to prepare a vacuum-packed sushi product; and

cooling said vacuum-packed sushi product with a refrigerant cooled to a predetermined freezing temperature to freeze said packing bag, said box and the sushi product, which are

constituents of said packed sushi product, together in a unified form, thereby forming a vacuum-packed frozen sushi product,

said vacuum-packed frozen sushi product having a space being formed in said plastic packing bag around said sushi product,

the space having a volume 0.2 to 0.6 times that of said sushi product at the time of thawing.

6. (Withdrawn) A method for preparing the microwavable vacuum-packed frozen sushi product according to claim 5, wherein the box is a box-, shallow cylinder-, tray- or dish-like container having a rectangular (including square), circular or oval shape when viewed in plan.

7. (Withdrawn) A method for cooking the microwavable vacuum-packed frozen sushi product of claim 1 by means of a microwave oven, said method comprising:

applying heat to the microwavable vacuum-packed frozen sushi product of claim 1 by microwave heating to thereby bring a temperature of at least a part of an exposed longitudinal end portion of the shaped rice section to 30°C or higher, followed by termination of the microwave heating to form the space having a volume 0.2 to 0.6 times that of said sushi product around said sushi product in said packing bag; and

allowing the resulting packed sushi product to stand for a period of 15 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space formed around the sushi product, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures thereof between 15°C and 30°C.

8. (Withdrawn) A method for cooking the microwavable vacuum-packed frozen sushi product of claim 1 by means of a microwave oven, said method comprising:

applying heat to the microwavable vacuum-packed frozen sushi product of claim 1 by microwave heating to thereby bring a temperature of an exposed longitudinal end of the shaped rice section to 30°C or higher and bring a temperature of an exposed longitudinal end of the sushi

material or materials to 20°C or higher, followed by termination of the microwave heating to bring the volume of the space formed around said sushi product in said plastic packing bag to 0.2 to 0.6 times that of said sushi product; and

allowing the resulting packed sushi product to stand for a period of 15 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space formed around the sushi product, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures of the shaped rice section and the sushi material or materials between 15°C and 30°C.

9. (Withdrawn) A method for cooking the microwavable vacuum-packed frozen sushi product of claim 1 by means of a microwave oven, said method comprising:

applying heat to the microwavable vacuum-packed frozen sushi product of claim 1 by microwave heating to thereby bring a temperature of an exposed longitudinal end of the shaped rice section to 30°C or higher and bring a temperature of an exposed longitudinal end of the sushi material or materials to 20°C or higher, followed by termination of the microwave heating to bring the volume of the space formed around said sushi product in said plastic packing bag to 0.2 to 0.6 times that of said sushi product; and

allowing the resulting packed sushi product to stand for a period of 15 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space around the sushi product, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures of the shaped rice section and the sushi material or materials between 15°C and 25°C.

10. (New) A microwavable vacuum-packed frozen sushi product comprising:

a vacuumed and hermetically sealed flexible microwave-safe plastic packing bag which is vacuumed to pressure of 600 mm Hg or lower;

an open-topped plastic box having a top opening and a bottom, the top opening of which is formed as to be broader than the bottom, placed in said packing bag;

in the packing bag, a space being formed around the sushi product in the vacuumed

condition, which provides interspaces between the sushi product and the plastic box and between the plastic box and the packing bag; and

a frozen sushi product which is formed by at least one shaped form of frozen boiled rice and a sushi material placed on a surface of each form of said at least one shaped form of frozen boiled rice, placed in said box;

an inner surface of plastic packing bag being in contact with surface of the sushi material or the boiled rice of said sushi product, and an inner surface of plastic box being in contact with the surface of the sushi material and the boiled rice which is different from said contacting surface,

a space being formed in said plastic packing bag around said sushi product, said packing bag, said box and said sushi product being frozen together in a unified form,

the space formed around the sushi product in said packing bag having a volume 0.2 to 0.6 times that of sushi product at the time of thawing by means of microwave, and after thawing, a resulting packed sushi product being able to stand for a period of 15 to 30 minutes without unpacking, allowing water vapor emanating at least from the shaped rice section to flow in a space formed between the sushi product and the box, thereby steaming the shaped rice section and the sushi material or materials between 15°C and 30°C.